

# SCHOOL FOR HOUSEWIVES

By Marion Harland

## MAKE SUMMER WORK LIGHT



"How Much Time It Takes Every Day Just to Dust Ornaments"

A FEW years ago some one remarked that Americans dress in summer as though they lived in a cool climate, when, in reality, their country is a tropical land from June to September.

The statement is a trifle exaggerated, but it is a fact that not until within a comparatively short time have our men conformed to the climate to a degree permitting them to wear negligee shirts and an easy style of dress. Our



"If You Choose to Buy the Material and Run a Hem Across the Top and Bottom"

women have resorted to diaphanous waists and short sleeves when they take their walks abroad, but neither men nor women seem to have learned to consider themselves during the heated term to the extent of making their work light.

Happily, the men's part of this does not concern me at the moment. Into a man's work and methods of conducting it the Pates forbid that I should attempt to intrude! But I can speak advisedly about women and their pursuits, and I do not believe I shall be contradicted when I say that not one woman out of ten has any idea of how to lighten her work in the summer.

Oh, yes, of course, I know there are certain things which must be done and cannot be evaded. The house must be kept clean; cooking must be done; jellies and jams and preserves and pickles must be put up; beds must be made and clothing mended. "It's all there and it's all true."

But have you ever given serious thought to reducing the amount of work that must be done?

Take your parlor, for instance. There are those curtains and those table covers and those draperies and rugs. Have I any idea how much time it takes every day just to dust those ornaments on the mantel and to keep the place looking any way decent? And the dining room is just as bad, with the silver to clean and the brasses to polish. How can one make such work as that less?

I don't know that one can make it less, exactly, but there are some

brac and do away with one big piece of dusting which has to be accomplished daily in all weathers, no matter where the mercury may be standing. Your room need not look bare. Keep out one or two or three articles worth resting the eyes upon and seek repose in empty spaces, where the other ornaments need to be. A well-arranged vase of flowers does more to beautify the room in those summer days than all the pieces of china and brass you can pile up.

Your room will look better still and your work be made yet lighter if you take up heavy woolen rugs, which catch the dust and require time and strength to keep clean in the dusty season. If your floors are good enough to show bare, or to protect in the most trodden places with the mats of woven grasses, which come in cheap and attractive designs, try these for the warm period. Better still, if you could afford it, because easier to take care of, would be a matting over the entire floor. This is more readily kept clean than a bare floor with rugs, and has a cool effect which is very restful.

So much for your parlor or sitting room. In the dining room there are other changes which will make life easier. I have spoken of the silver and brasses. If you have large pieces of these, put them away until it turns cooler. I know they are very ornamental and the pride of your heart, but granting this, you will have to own that they add very much to your work. They must be bright and shining or they are a reproach to the housekeeper. You feel that, and many a hot day, when you ought to be resting or out of doors getting some good of the air, you are doubling yourself up polishing those blessed brasses or that cherished silver. So put it away until cooler weather. Give the silver a good rubbing, wrap it in tissue paper and put a bit of camphor with it and send it to the bank or some other place where it will be

safe and out of your way.

Now, a bit of friendly advice to your poor domestics: I read once in a treatise on health that imperfect circulation in the stomach is a frequent cause of indigestion, causing chilliness, etc. If the sufferer would wear a ten-inch wide flannel bandage pinned fairly tight about the stomach and bowels she would find that it would cure faulty circulation of the stomach and thus cure indigestion.

This may be a word to the woman who, asked for burial patterns, I hold up a piece of a place where they may be had. I may not print it here, but I will send it to the querist desiring the information upon receipt of a stamped and self-addressed envelope.

"Prepared Flour."

I have been reading some of your recipes in an old paper, and I observe that one recipe calls for "prepared flour." I am a young girl, just learning

to cook, and I do not know what that means, unless that the flour is to be sifted, and salt and baking powder added. Will you kindly let me know, as I wish to try some of the formulas that call for "prepared flour?"

MARGUERITE (Mishawaka, Ind.)

Flour may be prepared, as you say, by the addition, in just proportion, of baking powder and salt. The term, as used in recipes for cooking, usually refers to flour that is put up and sold as "prepared flour." They demand neither cream of tartar and soda nor baking powders of any kind. Some do not need shortening. They are a great convenience, but they should not be laid in by the large quantity, as the dampness of the atmosphere may injure them by blending prematurely alkali and acid they hold suspended in their original strength. When they are fresh they save time and trouble.

For Luncheon or Supper  
PHILADELPHIA PEPPER POT

Is a nice dish for luncheon or supper, and is also cheap.

For materials: Get one pound of boiled tripe, four medium-sized potatoes cut small, one onion, sliced; a bunch of pot herbs (or thyme and sweet marjoram to taste). Cut tripe and potatoes into inch cubes. Boil the tripe an hour; put in the potatoes, and cook until they are done. Serve with buttered bread and

crackers. Boil the tripe in which to hold the tripe, or if you wish to add beef or veal, you may; but it is good without. This might help your inquiring "Restaurateur," and is excellent for the mother of ravenous boys.

Tripe, breaded, dipped in eggs and cracker crumbs, then fried, is good for supper.

CLEANING CLOTHES.  
My husband gets his clothes very dirty. I clean them myself, and save quite a good bit in a year.

Brush well, turning all the pockets. Make a good suds of strong soap and water, to which a tablespoonful of ammonia is added. Put the trousers into this and soak them up and down. Then, laying them on a board, scrub

them well with a stout (fiber) scrubbing brush. Rinse in two or three waters if they are very dirty. The first water should be of soap and ammonia suds. Sponge the coat and vest faithfully with suds and ammonia.

Your irons should be very hot and as heavy as you can get them. Cover the garments with a damp cloth and press hard, using all the strength you can muster. Put a rolling pin under the top of the sleeves where they are padded. When the trousers are dry, lay the seams together and press through a damp cloth with a hot iron. When it has been pressed, hang the suit up to dry where it is warm, putting the coat on a hanger to keep the shape of the shoulders.

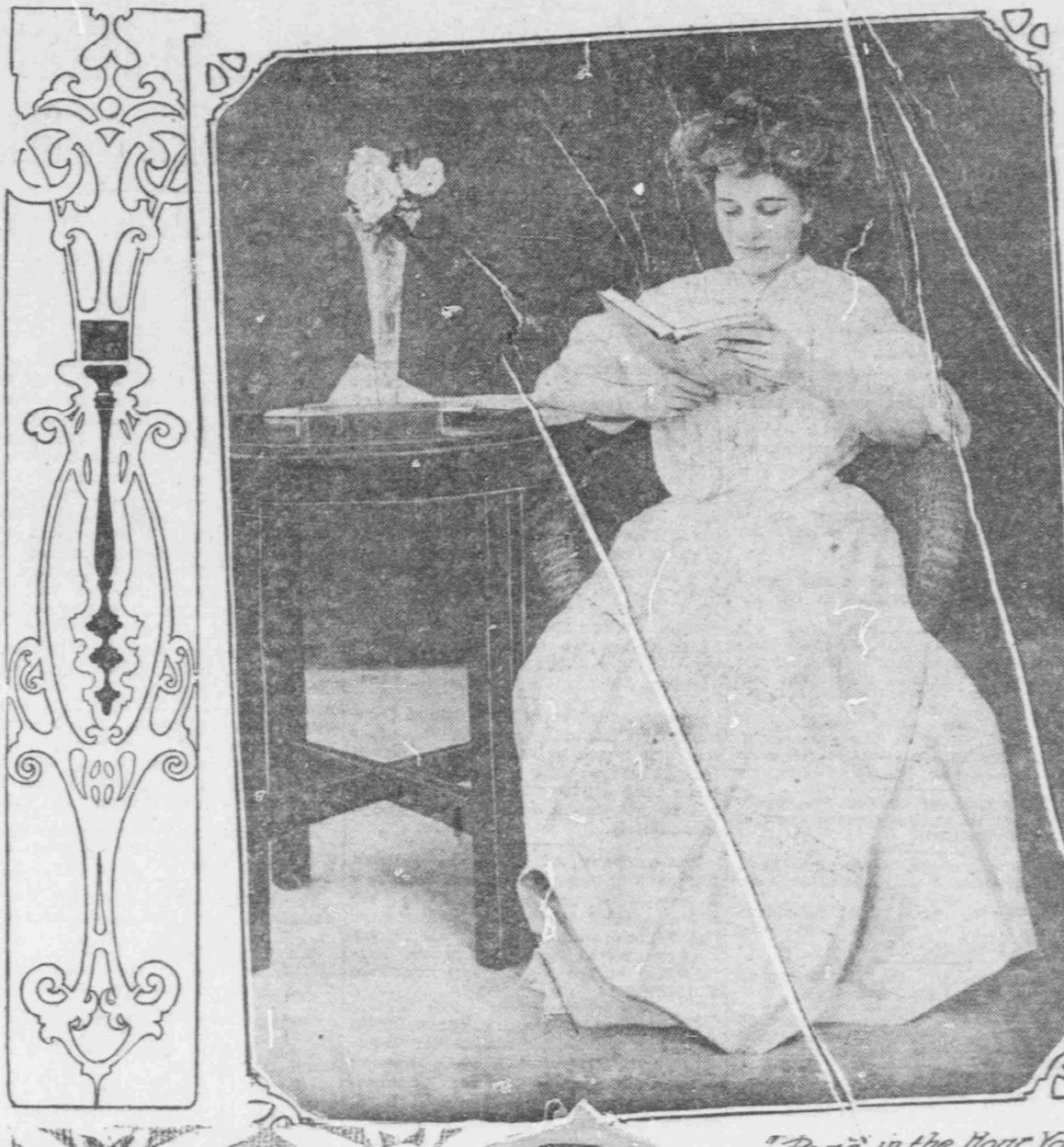
Overalls need on rubbing, and white ones will be of good color, if not over the fire in a pall of cold water. First shed soap into a saucepan of water, and boil until dissolved. Add a tablespoonful of ammonia, and pour over the clothes. Keep pounding the clothes with a heavy stick as they boil. Do this in two soaps and one clear water, and rinse once. The pounding (or poking) is important.

I used to faint two or three times in doing my washing for the week. But by going it in this way I have no trouble, and am only moderately tired.

Put warm water in the tub—not too much. Wash first the tablecloths, then the bedclothes. Another water for towels and rough pieces, and last of all, fine underwear. Rinse in a pall of warm water, changing often, and blue. The warm water takes all the soap out, and makes them white, without boiling. If the water be changed often enough, by doing the heavy pieces first, while one is fresh, if one is too tired to undertake the fine articles they may be quickly done next day. After a while the whole wash may be done in a couple of hours.

A BABY BASKET.  
Lastly! An inexpensive baby basket may be made of a wire dish drainer, that costs but 10 cents. Fit a piece of cardboard in the bottom, covering as for a workbasket, using white lawn, over pink or blue, and covering the back with a piece of long cloth.

I'm afraid I have said too much, but



"Read in the Hour You Usually Give to Dusting Bric-a-brac"



"Wrap the Silver in Tissue Paper and Put a Bit of Camphor With It"

are finding pleasant nesting places; dust them off and pack them away. Follow a like course with any other germ hostelry with which your sleeping rooms may be supplied.

When you put these things away, put them well away! By this I mean that it is little good to stick them up on another shelf only a little more remote than the one they occupied before, where they will still catch dust and be a burden on your mind. Lock them in a trunk or in a closet out of your sight.

When you take them out in the fall you will find an air of novelty about your old possessions, and you will feel as though you had a Christmas or a birthday or a wedding celebration all over again.

When you have lightened your work in this fashion, do not, I beg of you, look upon the time you have saved as just so much more leisure in which to do something else in the line of useful occupation. Don't think that now you will have a chance to get ahead with the fall sewing, or catch up on this or that piece of work which fell behind last winter. Instead of that, resolve to get a little rest and to devote yourself to the study of repose as a fine art—repose for yourself, not for some one else!

Do the things you think you never have time to do. Read a magazine in the morning in the hour you usually give to dusting the bric-a-brac or cleaning the silver. Take a walk in the afternoon and lie in the hammock in the evening. Rejoice all the time that you have made your work lighter and have just so much leisure to the good, all your own, to spend exactly as you please. There is a cessation of many duties that press upon you in the cold weather. Don't fill up that space and the other you have won for yourself by the drastic measures I have recommended with any task you feel you must do. Give your conscience and your spinal column both a rest, and depend upon it that you will do better work all next winter for what you leave undone now.

Cost of Family Meals.  
I did not see your "Family Meals for a Week" when you began the series, so do not know for what you claim the menu may be carried out per week. I saw, however, your answer to a query in which you asserted it might be done by people of moderate means. I have a family of three adults and two children. I should be glad to know what you consider would be the amount for such a family. I may say that I have very little at my disposal for household expenses, and living is very high here.

E. M. H. (Ontario).

I wish I could answer your question categorically; but, as you say, prices are high in your locality, as they are in mine. I was talking a day or two ago with a housewife whose family is exactly the same as yours—three adults and two children. She is a judicious manager, but she lamented to me that she could not set her table according to her menu, on less than \$15 per week.

I told her frankly that she is doing well if she can do it on that at the present prices of food.

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## Family Meals for a Week

SUNDAY.

BREAKFAST.

Oranges, Indian meal mush and cream, fried scallops, popovers, toast, tea and coffee.

LUNCHEON.

Jellied tongue, toasted English muffins, orange and banana salad, with mayonnaise; toasted crackers and cheese, salted pecans, chocolate custards, cakes, tea.

DINNER.

Cream of spinach soup, lamb chops en casserole, string beans, sautéed frittata, queen of puddings, with strawberries; black coffee.

MONDAY.

BREAKFAST.

Stewed rhubarb and cream, dried rusk and milk, bacon and eggs, toast, tea and coffee.

LUNCHEON.

Jellied tongue (a left-over), scalloped potatoes, tomato salad, plain; crackers and cheese, cake and marmalade, cocoa.

DINNER.

Scotch onion soup, boiled mutton, with caper sauce; young turnips, broiled tomatoes, strawberries and cream, black coffee.

TUESDAY.

BREAKFAST.

Berries, cracked wheat and cream, fried flounder cutlets, stewed potatoes, toast, tea and coffee.

LUNCHEON.

Cold mutton (a left-over), cream toast (baked), lettuce salad, with French dressing; crackers and cheese, bath buns and chocolate.

DINNER.

Mutton broth (based upon liquor in which mutton was boiled), veal cutlets, Jerusalem artichokes, stewed tomatoes, strawberry ice cream and cake, black coffee.

WEDNESDAY.

BREAKFAST.

Oranges, rice jelly and cream, bacon and fried hominy, brown bread, toast, tea and coffee.

LUNCHEON.

Plagout of mutton and macaroni (a left-over), baked potatoes, coldsaw, with cream dressing; crackers, cream cheese and gooseberry jam, tea.

DINNER.

Tomato and okra soup, stuffed and baked fish, green peas, whipped potatoes, strawberries and cream, cake, black coffee.

THURSDAY.

BREAKFAST.

Berries, cereal and cream, bacon and sweet peppers, rice muffins, toast, tea and coffee.

LUNCHEON.

Minced clams creamed on toast, sally lunn, potatoes a la duchesse; lettuce and green pea salad (a left-over), blanc mange and cake, tea.

DINNER.

Potato soup, baked calf's head, rice croquettes, spinach, floating island, black coffee.

FRIDAY.

BREAKFAST.

Grapefruit, cereal and cream, bacon and fried mush, boiled eggs, toast, tea and coffee.

LUNCHEON.

Calf's head en tortue (a left-over), browned potatoes, fried tomatoes, graham biscuits and honey, tea, milk.

DINNER.

Mock turtle soup, salmon steaks with lemon sauce, potatoes a la lyonnaise, spinach soufflé (a left-over), strawberries and cream, cake, black coffee.

SATURDAY.

BREAKFAST.

Oranges, cereal and cream, fried eggs, muffins, toast, tea and coffee.

LUNCHEON.

Salmon croquettes (a left-over), creamed potatoes, graham bread and nut sandwiches, crackers and cheese, cookies and cocoa.

DINNER.

Yesterday's soup, veal potpie (use the calf's brain and tongue in this), string beans, macaroni, with tomato and cheese sauce; cherry roly-poly, with brandy sauce; black coffee.

## THE HOUSEMOTHERS' EXCHANGE

I SEE that a correspondent wishes to know where she may buy burials as a foundation for rugs, and how to get the books used in drawing the bits of flannel, etc., through the burials.

Here in Ottawa we buy our vegetables by the bag; so we always have a lot of burials on hand, if we will but keep the bags.

As to the hooked rugs, we used to make them through the long hard winters, and the hooks were also home-made. I have one fashioned out of the time of a broken fork. Any scissors-grinder could make one. One of my neighbors uses a large-headed nail. She has kept it for years and says she could not have a better hook. I think one might be whittled out of a piece of hard wood.

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MRS. J. W. W. (Ottawa, Canada).

It is so well known that I recommend it confidently. I have known it to be tried with excellent effect. The flannel should be worn night and day, until even and healthful circulation is re-established; then taken off gradually, a strip at a time, to avoid chills. In cholera seasons the board of health in various cities strongly advise the wearing of a red flannel bandage as a preventive of the dread plague.

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these things have helped me so much that I wanted to pass them on.  
(Mrs.) A. B. (Philadelphia).

A theologian defined inspiration somewhat in this fashion: "What inspires me is inspired." Without stopping to consider the soundness or the fallacy of the "catchy" epigram, we may safely assert that, in nine times out of ten, what is helpful to one housemother will be useful to somebody else. Hence, it becomes a duty "to pass it on."

I am glad to get a trustworthy recipe at last for "Philadelphia pepperpot." But where does the pepper come in? Is it a Quaker figure of speech?

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I say to you as I did to her, that each caterer for her own family group

must make selections and omissions to suit taste and means. I try to present a fair and reasonable variety for every day living. I do not think the menus extravagant. If we offer roast or broiled chicken one day, look out for cheap dishes for a few days thereafter. If expensive dishes are laid out on Saturday and Wednesday, the intervening days are frugal. And I keep a diligent eye upon "leftovers."

Ginger Snaps.  
One cup of molasses boiled five minutes, one-half cup of shortening, one slightly rounded teaspoonful of soda; one even teaspoonful of ginger, one scant teaspoonful of salt; flour to handle easily. Roll very thin and bake quickly.  
M. G. S. (Chicago).

I take this time and place to say to the donor of the foregoing simple and good recipe that, failing her address in full and the stamped and self-addressed envelope which never reached my hands if it were sent, I cannot answer by mail her inquiry as to the business solvency and trustworthiness of "D. D." whose name she inclosed. I wish I could be of service to "M. G. S." for her letter has enlisted my hearty sympathy.

Habit of Borrowing  
"Neither a borrower nor a lender be." Mrs. A. was the former; she used to borrow tea from Mrs. B. She always returned it when her "barrel of groceries" came from the town—but in a quality inferior to that borrowed.

Long-suffering Mrs. B. had an inspiration. Instead of adding the "returned tea" to her stock of that commodity, she placed it apart, and the next time that Mrs. A. came borrowing she lent her her own tea. That solved the borrowing problem.